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ABSTRACT OF THE DISCLOSURE

An apparatus and method directed to a rotatable coupling apparatus that can transfer a rotational force from a driving shaft to a driven shaft. The connecting apparatus includes two yokes, a universal joint cross, and two internal restricted swing mechanisms. A restriction of any swinging action of the driven shaft is provided by the internal swing mechanisms that are sized and shaped such that each approximates the internal surface and volume of the yokes. The invention also includes an apparatus and method for a coupling apparatus for use primarily in a vehicle wash apparatus.